

ADVANCED STRENGTH EXERCISES FOR BACK AND ARMS

ONE-ARM BANDITS

If participants magically turned into slot machines, their torso would be the big box and their arms would be the levers. There are many versions of this exercise, all of which involve keeping the torso stable while one arm does the stipulated movement. Let's play slot machines and pull a few levers!

Benefits »

- ⦿ Facilitates a steady, stable torso.
- ⦿ Strengthens shoulders, arms, core, and low and midback muscles.
- ⦿ Uses Thera-Band to add appropriate resistance.

Set It Up »

Each participant will need a Thera-Band for this exercise.

How to Do It »

The Start

- ⦿ Participants sit tall at the edge of their chair, with abs braced and ribs lifted.
- ⦿ They hold a Thera-Band between their hands, about shoulder-width apart. It may be most comfortable to wrap the bands around the palms of the hands. This is especially nice for participants with arthritis.

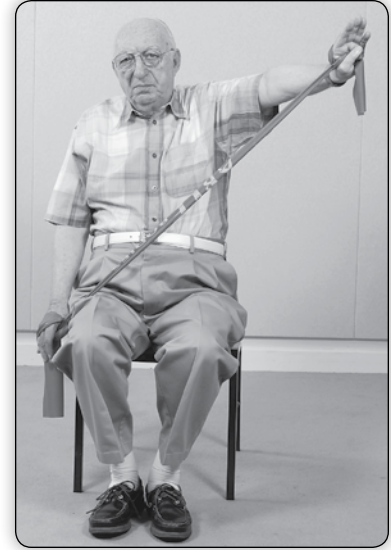
The Moves

- ⦿ Position 1: Both arms are out straight and in front of the shoulders. Use the following cues.
 - Pull back the left arm, keeping it as straight as a lever.
 - Repeat 8 to 15 times, as tolerated.
 - Rest; then do the other arm.



- ◎ Position 2: Move both arms to the right and lower them toward the lap. This position will allow for a diagonal line of pull.

- Pull the left arm diagonally upward and to the opposite side. Ending point depends on them, but aim for out to the side and above the shoulder.
- Do 8 to 15 times, as tolerated.
- Rest and do the other arm, pulling from left to right.



- ◎ Position 3: Hold arms overhead, as is comfortable.
 - One arm stays up while the other pulls down to the side.
 - Do 8 to 15 repetitions, as tolerated.
 - Rest and then do the other arm.

Take It Further »

- ◎ Move through each repetition more slowly and hold the end position longer.
- ◎ One-Arm Bandits With a Twist: Do position 1 in a way that allows the torso to turn in the direction of the pulling arm. Remind participants to keep their back tall and abdominal wall braced throughout the exercise.

Give It More Balance »

- ◎ Sit closer to the edge of the chair.
- ◎ Can be done standing. Position 1 is the easiest, so try it first.

Keep It Safe »

Throughout, it is important that they keep their core muscles braced. Spend a few weeks working on each variation before moving on to a new position.